

# Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

## Cooking with grains

Thursday, March 5  
5:30–7:30 p.m.  
Hannaford Career Center  
51 Charles Avenue  
Middlebury

Do you not know the difference between couscous and quinoa? This hands-on class will get you going with the grain. You'll learn about the various types of culinary grains, pre-soaking and cooking times, basic preparation techniques, and easy recipes to try at home. Free for WIC participants with a current Middlebury Co-op Food for All membership! Stop by the WIC Office or the Co-op to sign up for Food for All so you can attend this great class.

## Get 10% off at the Middlebury Natural Foods Co-op!

Sign up for the free Food for All program at your next WIC appointment or right in the store. Receive 10% off your entire food purchase and free entry to their member-only cooking classes and demonstrations! Classes include bread making, yogurt making, starting your veggie garden, and more.

Call 388-5741 for more information.

## Using your WIC foods!

Thursday, March 26  
11:00 a.m.–Noon  
WIC Office  
Large Conference Room  
156 South Village Green  
Middlebury

Join Gillian and Marlee for a creative afternoon of recipe sharing, preparing, and sampling! There are plenty of ways to make healthy meals and snacks using your WIC foods and we want to spend the morning doing just that.

If you plan to attend, let us know in advance by calling 388-5741.

## Gardening workshop

Tuesday, April 14  
1:00–2:30 p.m.  
WIC Office  
Large Conference Room  
156 South Village Green  
Middlebury

Learn how easy and fun gardening can be for you and your family. Linda will teach you the basics of preparing your soil, mulching, composting and starting your own seedlings. Gardening is a great way to stretch your food budget! Walk away with a variety of seeds.

Contact Linda to register 388-5743 (limited to the first 15 people).

## Mother's Day baby shower

Tuesday, May 12  
11:00 a.m.–1:00 p.m.  
WIC Office  
Large Conference Room  
156 South Village Green  
Middlebury

Join WIC staff for a celebration of you and your baby this Mother's Day! Meet new and experienced moms and share stories about motherhood. Walk away more informed about what to expect in the first few days related to breastfeeding, baby's cues, and more. Take home gifts of clothes, books, Vermont handmade soaps, and gift certificates.

Contact Gillian with questions 388-5741 or just show up.

All activities are FREE  
of charge!

